

## RAPE AMONG TEENAGE GIRLS

Rape among teenage girls is getting more alarming in today's society. This may be due to a lack of awareness with respect to one's environment, friends, drugs, rape prevention and how to handle one's self in a situation that may lead to rape.

Rape is what happens when one forces another into having sex with them against that person's will. In other words, it is non-consensual. Rape can even happen when both parties involved know each other (date rape) and when the victim is intoxicated as a result of indulging in alcohol, drugs or when the attacker is assisted by date rape drug.

Rape is the most serious offense a person can commit. This is why it is a felony offense in all U.S. states. I chose this topic because of how it relates to women's health, considering its consequences (STDs, including AIDS; physical harm (bruises, broken bones, cuts and genital/anal injury); and emotional trauma (which could last a life time) to mention but a few. The impact derived from this subject is its consequences as it relates to health issues that women face as well as why some of the victims are scared of reporting rape cases. One way rapes can be reduced is if the victims come out and report being raped, as difficult as it may be.

As a healthcare provider, I would make sure that AIDS awareness is enforced in schools, hospitals, at work, in the community and on the media. I would also help educate in particular, girls between 14 and 18 about the ways to prevent being raped, especially while out on a date. I would also encourage such girls just to say "No" if and when pressured as well as encourage them to call for help if they feel they need it. Since it is impossible to undertake such tasks alone, I would enlist other healthcare professionals and conduct training so as to get more volunteers to help spread the news.

References:

<http://www.4woman.gov/faq/date-rape-drugs.cfm>

[http://my.clevelandclinic.org/healthy\\_living/violence/hic\\_rape\\_and\\_date\\_rape.aspx](http://my.clevelandclinic.org/healthy_living/violence/hic_rape_and_date_rape.aspx)

<http://www.nlm.nih.gov/medlineplus/rape.html>